

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH HAPPINESS and PLENTY

December, 1934



AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

November 20 to December 19

Beholding as in a mirror the glory of the Lord, I am transformed into the same image from glory to glory.

I am the image of the living God, who made everything and pronounced it "very good." Therefore I am perfect in spirit, soul, and body.

What I image in mind is molded in omnipresent substance, and I behold infinite Spirit breaking the bread of heaven to meet every human need.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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F. B. WHITNEY, *Editor*

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Thought Discipline

When you are vexed or offended by others, do not let the thought rest in your mind, neither give way to such considerations as these: "That they have no business to treat me like this; who are they, or what do they think of themselves, or the like"; for all this is adding fuel to the fire of anger, indignation, and hatred.

—*The Spiritual Combat; Laurence Scupoli.*

My Heart Must Have Its Christmastime

My heart must have its Christmastime;
Within me I must find
The Christmas scene; its bells must chime
When I'm of Christmas mind.
My heart, expect your Holy Guest!
The Virgin Mother greet.
She comes within to take her rest,
With Joseph at her feet.
My heart, now sing your carols gay,
Your Holy Guest behold!
The Christ Child comes this Christmas day!
Your joy can ne'er be told.
My heart, behold the Wise Men's star
In skies that glow above;
Their frankincense comes from afar
With myrrh and gold and love.
The Christmas feast, my heart, prepare!
Hang holly on your door!
Your little guest so heav'nly fair—
The Christ Child—now adore!
The gift that at His crib you lay
That best will please your guest,
Is just your love this holy day;
'T will please more than the rest.
My heart can have its Christmastime
Wherever I may be
If with my love its bells will chime
And Christ in me I see!

Travelers East



TRAVELERS EAST find that at certain points on the way they must take into consideration a change of time. They must set their watches ahead one hour. They cease to be governed by the clock time that they were previously governed by and find that they live by a new local standard. Strangely enough, the old time that seemed to be so arbitrary and so real to them becomes as nothing and they no longer find themselves ruled by it.

A woman once traveling on an eastbound train was fretting because she would have to spend another hour on the train before reaching her destination. The conductor called her attention to the fact that she had not turned her watch ahead and that the train would soon reach her city. She was fretting because she was holding herself to a belief about time that had power to limit her only to the extent that she limited herself.

The traveler who changes his watch according to the change of time readily accepts the new standard of time without question. If he is traveling eastward it means that many events take place in his life an hour or two sooner than they would have taken place according to the clock by which he previously lived. In thinking of time from a new viewpoint he has, by correcting his thought about time, freed himself from a previously entertained limitation about time.

Students of Truth, too, find that they must make a certain adjustment in their thought

about time. They find that their understanding of Truth gives them a freedom from limiting concepts and a new realization of time values. Their bondage to time of the past gives way to a freedom of living in the present.

The individual who has gained such an understanding ceases to try to live in either the yesterdays or the tomorrows. He finds that the time of Spirit is the time of the present moment. This has been called the timeless time of Spirit. It is the time in which prayers are quickly answered, demonstrations of health are instantaneously made. It is time that does not take into consideration man's belief that there must be a certain measure of delay from the time that prayer is made until its fulfillment is reached. It is time reckoned entirely by the standard of unity: Prayer and answer are one; treatment and demonstration are one.

When a person prays the prayer of Truth, he is like the traveler east who must change his clock to conform to the standard of local time. The person who has thought of time as based upon the past, upon delays, and upon the future finds that in the prayer of Truth he is brought to the standard of the present moment and the fact of his life as revolving around it.

A writer who described a trip in a balloon miles and miles above the earth said he had thought that he would enjoy a trip of that kind because it would give him a sense of freedom from time. Certainly life in a balloon miles

above the earth would not have earth's days and nights and its passing of time.

Have you gained a new consciousness of time? Are you free from unpleasant memories of the past and fears of the future? Do you live in the blessings of the present moment? Do you think when you pray that a certain delay must take place before the answer comes, or have you discovered that prayer and answer are one in Spirit?

Occultists and students of mystical philosophy have always thought of the east as symbolizing the place of light. Possibly the dawning of the sun in the east helped to establish the east in their thought as the place of light, and turning in that direction, they travel eastward in thought. Students of Unity "travel eastward" in a different way. They make the change of time that we have described. They discover that they must have a new standard of time to live by. They think of themselves as living in the eternal now, the time of Spirit, the time of answered prayer.

Resolve to live in the consciousness of time unlimited by the past or the future. Live in the time wherein the blessings of Spirit come to you when you desire them. Live in the time wherein you speak the word and it is fulfilled without delay or concession to man's limited beliefs about time. Live in the time of instantaneous demonstration through realizing in spiritual consciousness that God is now present in your life as the blessing you earnestly seek.

“Remember Ye Not the Former Things”



WHAT a blessed privilege it is to be able to give the mind its needful purification and at certain seasons to empty out its old crystallized thoughts and make ready for new ideas! And how thorough must be the cleaning! Not a vestige of old and useless beliefs must remain. But one thing must precede the process of mental housecleaning—a willingness to let go and a readiness to let the purifying work be done.

Resolve to yield all your old limited beliefs about yourself and others. Get rid of your pet hates, if you have any. Get rid of your secret fears. Yield your little jealousies. Give up your belief that your relatives or business associates are holding you back. “Lay aside every weight.”

Let the wings of your soul unfold. Let your soul soar to its heights. Let it not be held to things earthly by material ties. Your soul ever seeks to expand and to rise to celestial heights. It seeks to cut loose from personal limitations. It seeks to soar to heights that know no material bounds.

The Lord has promised to “do a new thing” for you. Will you be conscious of it and recognize it when it appears, or will you be so engrossed in thinking of “former things” that you are unaware of new blessings? “Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing; now shall it spring forth; shall ye not know it?”

Are you always receptive to new ideas and

new experiences, or are you given to thinking of the failures and limitations of the past to such an extent that you repel new blessings? As long as you hug to you the unhappy experiences of the past, you cannot embrace new blessings. You cannot be aware that the Lord has fulfilled His promise to "do a new thing" for you.

The world has many persons in it who live in a realm of former things. The Lord cannot do a new thing for them. They would not know it if He did. New things seem to have no place in their lives. They fail to appreciate the truth that the world of reality, the world of Spirit, is a world of eternal newness.

Can you meet the challenge of giving up old and useless thoughts, prejudices, secret hates, and fears? Have you grown spiritually to the extent that you can yield the former things that make up your personal life in order to let the Lord do a new and better thing for you? Have you realized that you can enter a new world by entering a new state of consciousness?

Possibly every person at some time or other has wished that he might be able to go to a new world for a vacation, that he might be able to get away from unpleasant thoughts stirred up by persons and things of his world. In Truth we know that we can enter a new world. We can clear our mind so thoroughly of old thoughts that our world becomes brand new for us.

Should not the individual be able to reincarnate himself many times during life? Should

he not be able to have a new consciousness and a new body whenever he can rise to higher heights? Why should he need to die in order to live? Why should he not be able to change his personality and his life with every new change of consciousness?

If you would renew yourself, learn to drop from mind "former things" that bind you to a mental and physical state of crystallization and keep you from knowing new and better things. Purify your mind by casting from it old and useless ideas. Be receptive to Truth. Enter into the high realization that no person, thing, or circumstance has power to bind you to it and keep you from receiving the good that comes to you momentarily from Spirit.

Your soul continually makes you desire to ascend above personal limitations and those of earth. Your soul calls to you to break the fetters and bounds of personal consciousness. Rise to the heights. Cease to remember the former things which limit and let the Lord do a new thing, perform a new miracle.

We preach to you the gospel of freedom, newness, and ascension. Nothing in all this world can hold you back when you obey your soul's urge to ascend, to rise higher, to progress to spiritual heights. No person or thing can bind you to any unpleasantness of the past or to your past failures. New and better things are promised and assured you. You must give up former things if you would know the new thing that the Lord does for you.

Nothing Can Retard Your Progress



THINK of yourself as always going forward. Realize each day that you are nearer your goal and your ideal than you were the day before. Know that within you lies the power to progress. Nothing in all this world can keep you from advancing when you know this truth.

These are many things that persons think can keep them back. They hold many limiting thoughts concerning themselves. All these thoughts can be summarized in the belief that other persons or things can retard their progress. Many persons lack the consciousness that they have within themselves the power to progress and to succeed.

All of us have heard individuals confess that they could not go forward in their work because other persons or things held them back. Sometimes the explanations and excuses given have seemed almost too trivial for consideration; yet we have heard such confessions made at a time when the inner thoughts and the subconsciousness of the individual were plainly revealed. We have known persons to give some reason why they could not succeed or progress that seemed almost ludicrous.

Discipline yourself to think of yourself as without limitations. You were not created by God and placed in this world to be held down by the limited thoughts of others. You were created free, independent of the limited beliefs of other persons. There is but one thing that can hold you back: your own limited ideas about

yourself. Nothing in all this universe can retard your progress. No person, thing, or circumstance can keep you from reaching your goal and the fulfillment of your ideal when you realize your freedom from limitations.

Many, many persons in the world are living unhappy, thwarted, unsatisfied lives because they think they cannot have what they want. They think they cannot do what they want to do. They despair of reaching the goal that looks so attainable except for the limited thought they hold over themselves. They live in a state of self-hypnosis, hypnotized by their own thoughts of limitation.

Nothing can defeat you when you find within yourself the capacity to succeed and progress. In the past you have possibly given much thought to the world about you. You have been led to believe that you were influenced by it and subject to it. In the new understanding you will come to see things reversed. You will find the Spirit of God within you and discover that things of the world are subject to you through Him.

No longer be shackled by self-hypnosis. No longer miss the joy of attaining your goal because of foolish beliefs. You have within you the power to succeed. You have the power to go forward regardless of what obstacles may seem to appear on your path. You can accomplish whatever you want to accomplish.

Within you is the God-implanted power to reach whatever goal you set out to reach. Go forward.

How I Know 'T is Christmas

I know that Christmas now is here
Because there's joy in every heart;
Because the Christ will now appear
And of men's souls become a part.
I know that there has come a day
When men will rise to a new height,
And all their bick'rings lay away
As they behold the bright Christ light.
No day like Christmas ever came
To bless mankind with gift so rare.
No other time is quite the same,
No other day is quite so fair.
I well can tell the Christmas dawn:
The earth becomes so quiet, still;
And when the day is spent and gone,
My soul with Christmas still will thrill.

Saturday, December 1

The love of Christ welling up in my heart is now expressed to all persons everywhere.



AM EVER filled with love because I am filled with the presence of Christ. This love is mighty to overcome all resistance, animosity, hate, and fear. Nothing unloving can withstand the might of Christ's love now welling up within me and expressing itself toward all persons.

The love of Christ within me is sufficient to overcome any unloving situation. I cannot be hateful, fearful, and resentful when I realize that Christ ever exists within me as divine love. I cannot hate my fellow man when I realize that the love of Christ in him is at one with the love of Christ in me.

I abide this day in the consciousness that in Truth there is naught but love. There is no power that can prevail against the presence and power of the love of Christ. I live in the love consciousness and am not conscious of anything but the loving presence of Christ.

I live in a world of love. In my world there is only Truth, only Christ, only His love. No hateful or unloving thought can enter or exist in my world. Christ as love is now enthroned in my heart and my world is filled with His presence.

Forbearing one another in love.—Eph. 4:2

Sunday, December 2

I am no longer worried or anxious about things, because I place all these in God's keeping.



AM WILLING TO GIVE up every anxious thought in order to place all my affairs in the care of God. I am ready to cease worrying about persons, things, and circumstances in order to behold the power of God adjusting and regulating all my affairs.

No thought of worry can lodge in my mind, because it is filled with thoughts of trust. Since I trust God in all my ways, I do not worry. I cast from mind every anxious thought in order to keep my mind filled with trust in God. I refuse to worry, because I have absolute faith in God.

I realize that when I worry my thought is drawn away from Christ, His presence and power. I know that by anxiety I can see that I do not trust God as I should. I rejoice to give up anxiety and worry in order to trust God fully and see His work being done in me and in all my affairs.

This day I give up all anxiety and worry. I place myself and all my affairs in God's keeping, knowing that when I trust Him there is no occasion for worrying. I realize that I am assured of freedom from all anxiety.

Be not therefore anxious.—*Matt. 6:34.*

Monday, December 3

*I am patient because I know that I
can rely upon God in all things.*

I AM NO LONGER impatient, because I have ceased to believe that persons and things of the external world can prevail against the work of God. I realize that I should not anticipate evil but that I should expect good to come to pass. I know that I need not be impatient when I give myself and all my affairs into God's keeping.

I realize that in God's world, in the world of reality, there is neither time nor delay. I know that I no longer believe that God's power or activity is limited by man's belief in time. I know that I am now free from the belief that anything can delay the work of God in my behalf.

Whatever I do I do for the glory of God within me. I am patient in my work. I am willing to rely upon God to the extent of giving myself entirely into His charge. I no longer believe that external powers can limit Him or His work. I now rise to the consciousness that through Him I can do all things.

Things no longer have the power to make me impatient. I place my trust in God and know that He will do His perfect work on time. Nothing in all the world has power to limit God. I rest secure in the consciousness that all is well.

Patience in well-doing.—*Rom. 2:7.*

Tuesday, December 4

The freedom of Christ now active in my consciousness has relieved me of every belief in bondage.

MY MIND is now relieved of every thought of bondage. I no longer think that persons or things can enslave me. I do not believe that I am limited by anything of the world about me. I realize that things do not have power to hold me in bondage.

Jesus came to earth with the message of freedom that sets me free. He came with the Christ message that delivers me from all bondage to evil, sin, hate, fear, sorrow, disease, and lack. He brought me the truth that sets me free from all misconceptions about life.

I know in my heart of hearts that there is nothing in all this world that can keep me from enjoying perfect freedom. I am conscious that Christ within me is ever inspiring me to freedom, ever lifting me above those adverse thoughts that limit and bind. I hold to the realization that I am now relieved of all thought of bondage and am secure in the consciousness of perfect freedom.

The freedom of Christ has now set me free from all forms of bondage and I rejoice that henceforth I shall know naught but freedom.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—*Gal. 5:1.*

Wednesday, December 5

*Free from all doubt and unbelief, I
find that my faith in God ever increases.*

I NO LONGER doubt God, the good. I no longer disbelieve in Him and in His power. My mind is now cleared of all unbelief. I refuse to doubt God any longer. I drop from mind every thought that would tend to produce unbelief in my mind.

I have perfect faith in God. I have faith that even now He is bringing good to pass in my life. I have faith that at this moment He is inspiring me to realize that He alone is omnipresent and omnipotent. I know that He is quickening me to have faith in Him to the extent that I no longer believe that evil has power or presence in my life.

My faith increases as I understand more and more of God. My ever-increasing faith removes all doubt and unbelief from my mind and I am secure in faith. I have the confident assurance that through my faith in God, the good, I will cause every appearance of evil to disappear from my life. I know that through my faith in God as my health every evidence of disease will cease to appear. I realize that through my faith in God as my supply every semblance of lack will disappear.

Looking unto the promise of God, he wavered not through unbelief, but waxed strong through faith.—*Rom. 4:20.*

Thursday, December 6

God, the good, now comes forth in my consciousness and in my world as the presence of all things good.



THINK of God as the presence and power of all good. I recognize the good wherever it is found. I know that in Truth there is only God, only good. This frees me from all belief that evil is something that exists besides God, the good. I realize that in Truth God, the good, alone exists.

My every thought is now directed to the good because my mind is turned to God. I cease to think of evil as something that has presence, reality, and power in my life. I know that in Truth God alone exists and that there can be nothing besides Him.

I no longer look for evil in myself or in others. I realize that the Spirit of God fills us with His presence and power of good. In this consciousness there is no evil, no opposite or rival of God. In this realization I no longer unify myself with any belief in evil; I identify myself with God, the good.

Abiding in the consciousness of good, I find that good is manifest everywhere in my life. This good takes on the character of that which I desire through prayer.

Retain hold of the good. Hold yourselves aloof from every form of evil.—*I Thess. 5:21, 22 (Weymouth version).*

Friday, December 7

*The peace of God rules my mind and
I am peaceful in all my relations with
others.*



AM now at peace with myself, with God in the midst of me, and with all persons. I have found at the heart of my being the very presence of God, the presence of peace. I know that peace emanates from this presence to all parts of my world.

Since God as peace rules my mind, all my inharmonious thoughts are overcome. The peace of God rules my consciousness so thoroughly that no inharmonious thought can exist in my mind. This peace is akin to the peace of heaven. I know that Christ is now sharing His peace with me, and I become His agent to help establish peace on earth.

With peace in my mind, I am assured of peace in my body. My body is at peace because there are no disturbing thoughts in my mind. My peaceful attitude assures me of peace in my nerves, cells, and muscles. The parts of my body are at peace with each other and work together harmoniously.

God's peace is the peace that prevails throughout my organism. Every part of my world is filled with His peace.

Now the God of peace . . . make you perfect in every good thing.—*Heb. 13:20.*

Saturday, December 8

*Free from adverse thoughts, my mind
is established in the purity of Truth.*



THE PURITY of Truth is my standard, and my mind conforms to the mind of Christ in all its thinking. I give up every adverse, negative, and impure thought in order to make my mind a channel for the pure and immaculate thoughts of Christ. I seek to have the unadulterated Truth of Christ established in my mind in order that my mind and my body may be purified in Christ of all impurity, weakness, and disease.

The cleansing, purifying presence of Christ is now at work in me and I am mentally and physically cleansed and purified. I am cleansed of every thought that would adulterate the Truth of Christ. I am purified of every belief that would cause impurity to exist in my body. I am clean as I stand in the purifying presence of Christ.

Christ in me is my standard of purity. No adverse belief can lodge in my mind when I hold to this standard. No impure thought can cause disease to be outpictured upon my body. I hold to the immaculate and unadulterated Truth of Christ and my soul glistens in its whiteness and brightness.

Purify your hearts, ye doubleminded.—James 4:8.

Sunday, December 9

The Truth of Christ established in my consciousness makes me to know that all belief in sin, evil, fear, disease, and lack is untrue of me, a child of God.



THE TRUTH of Christ is the truth of my goodness, perfection, joy, courage, health, and prosperity. No belief in adversity, evil, fear, weakness, and failure can cause me to lose sight of this truth. I no longer believe that adversity in any form is true of me, a child of God created in His likeness.

The Truth of Christ is the truth of my health now established instead of disease, the truth of my abundant life replacing all belief in weakness and fatigue, the truth of my bodily perfection now appearing instead of body limitations. Truth is now established in my consciousness as that which causes my physical health to be forever established in spite of all race beliefs in contagion, weakness, disease, and death.

The Truth of Christ is the truth of my instantaneous and constant supply.

Who shall dwell in thy holy hill?
He that walketh uprightly, and worketh righteousness,
And speaketh truth in his heart.

—*Psalms 15:1, 2.*

Monday, December 10

The justice and righteousness of Christ in me prompts me to justice and righteousness in all my dealings.



CHRIST IN ME knows no injustice, malice, or evil. I cannot be unjust to others when I abide in the Christ consciousness, the consciousness of justice and righteousness. Every unjust thought must give way to the justice of Christ and His Truth.

The justice of Christ now active in my consciousness clears my mind of all thought of injustice. I have no desire to be unjust toward others. I no longer accuse others of being unjust to me or think of them as able to harm me through injustice. My consciousness is cleared of all injustice, and I am established in the justice of Christ in the midst of me.

Abiding in the realization of perfect justice, I am just toward all persons under all conditions. I realize that to be unjust to others is to plunge myself into the consciousness of injustice and attract injustice to myself. Therefore I enter the realization from which only justice can come forth.

Christ in me is my security against all injustice and my assurance of perfect justice at all times in all situations.

I will be their God, in truth and in righteousness.—Zech. 8:8.

Tuesday, December 11

In the consciousness of perfect courage through Christ within me I know no fear.

I THINK of the presence of Christ within me as the presence of fearlessness. Christ in me is ever unafraid. Christ inspires me to rise above all sense of fear and to know that He is ever with me as my own consciousness of courage.

Living in the knowledge that nothing can make me afraid, I no longer fear persons or things. I know that things of the world about me cannot harm me or cause me to fear them. I know that Christ within me inspires me with courage at all times and that His presence is mightier than the presence of persons or things.

I no longer entertain thoughts of fear, because I am loyal to the presence of Christ and give my every thought to Him. I give up thoughts of fear of things in order to think thoughts of Truth and fearlessness. I cease to fear persons in order to contemplate the courage of Christ within me.

Living in the courage of Christ, I go forth undaunted, undiscouraged, undefeated. I firmly know that persons and things cannot cause me to fear them. I know with deep conviction that my courage is established in Truth.

There were they in great fear, where no fear was.—*Psalms 53:5.*

Wednesday, December 12

The presence of Christ now fills my body temple and makes of it His temple of perfection and health.

MY BODY is Christ's temple and His presence fills it with life, strength, and health. I no longer think of it as a habitation of disease. I know that in Truth my body is Christ's temple and that He glorifies it through His life and presence.

My body is now freed from all mortal thought of limitation and disease. I know that as Christ's temple it is filled with His presence and that there is no place within it for disease. I know that as His holy temple it is filled with His holy and glorious presence. I realize that I must keep it dedicated to Him at all times.

My body is the place where Christ embodies Himself as my own life, strength, and health. I am the embodiment or visible manifestation of Christ's ideas of life and health. In Spirit and in Truth my body is the ideal manifestation of health, and I seek to enter that high consciousness where I know this to be true and see my body in its perfection, regardless of its present appearance according to limited vision.

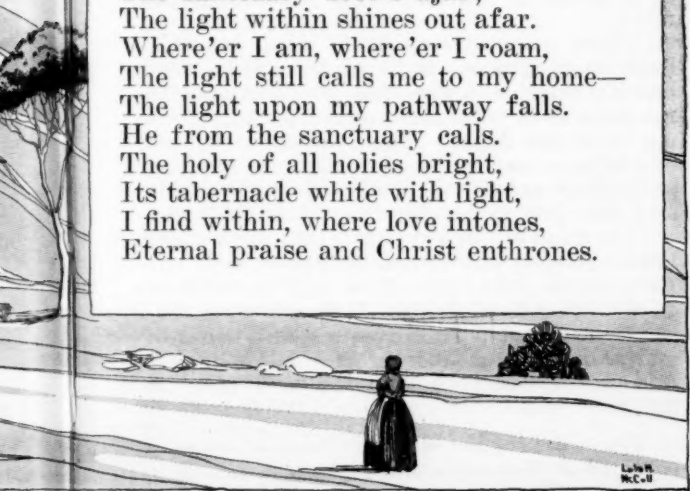
My body in Spirit is the ideal body of Christ that He would have me behold and claim as my own.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—*I Cor. 3:16.*



SANCTUARY

I have a sanctuary white,
A temple on a hill so bright,
Where from the world I may retreat
And there the Christ in stillness meet.
It matters not what may befall,
I only need to heed His call.
The sanctuary door's ajar;
The light within shines out afar.
Where'er I am, where'er I roam,
The light still calls me to my home—
The light upon my pathway falls.
He from the sanctuary calls.
The holy of all holies bright,
Its tabernacle white with light,
I find within, where love intones,
Eternal praise and Christ enthrones.



Thursday, December 13

I seek to have all the thoughts of my mind conform to the mind of Truth, the mind of Christ.



THE MIND of Christ is my spiritual consciousness. In all my spiritual development I seek to discipline my thinking so as to think Christward. I seek to enter that high consciousness in which I may unify myself with Christ and His mind. I enter that high realization in which I am conscious of no thoughts but the thoughts of the Christ mind.

There is but one spiritual Mind, one spiritual consciousness. In Truth there is no mind besides this. I know that so-called mortal-mindedness is not a rival or competitor of the one spiritual Mind. There is one spiritual-mindedness, one spiritual truth, one spiritual philosophy, and I now turn my every thought in that direction.

The mind of Christ in me is that mind which knows naught but Truth, naught of evil, sin, fear, disease, and lack. This mind is the total of all thoughts of Truth. It is the mind that gives me freedom from the mistaken ideas of mortal-mindedness and carnal-mindedness, the fallacies of reasoning contrary to Truth and Spirit.

Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee.*—Isa. 26:3.

Friday, December 14

The joy of Christ in the midst of me makes me cheerful and joyful under all circumstances.

MY ATTENTION is ever directed to the presence of Christ within me and to His joy. By this process I draw my thought and attention away from any belief that would seem to cause me to be depressed and unhappy. I no longer think of persons, things, or circumstances as able to interfere with my joy. I direct my thought to Christ and become filled with His joy.

Living in the realization that I am ever unified with the joy of Christ, I identify myself with that which makes me joyful under all conditions. I no longer believe that persons or things can disturb my joy or diminish it. I no longer think that things of the outer world can take my joy from me. I live in the realization that I am firmly established in the joy consciousness.

I clearly see that things have no power over me and are unable to affect the state of my inner joy. I realize that my joy is established in Christ, in that which never changes. I know that my joy in Christ is constant even as Christ is ever constant. I determine this day to live in the realization that Christ is ever with me as my constant joy.

Always rejoicing.—II Cor. 6:10.

Saturday, December 15

*I abide this day in constant prayer, in
the realization of my unity with Christ.*

PRAYER, to me, is communion and unity with Christ within me. When I pray, I identify myself with Christ. I am conscious of my relation to Him. I become so conscious of my oneness with Him when in prayer that I know we cannot be separated for even one instant.

When I pray, I know that all of God's blessings are mine now and here. I realize that in being one with God I am one with all that He has. In a prayerful attitude I draw nearer to Him in consciousness and become more closely identified with His blessings.

In praying for health I pray to know more clearly the truth of my physical perfection. I realize my freedom from all belief in disease and my oneness with the perfection and life of Christ.

I know that in prayer I do not beseech God for something; I simply accept from God that which He has ready to give me. I know that the prayer of Truth is the prayer of perfect realization.

I live in the conscious realization that the blessings of God come to me today according to my need. I know that through prayer God gives me of Himself.

The prayer of faith shall save him.—James 5:15.

Sunday, December 16

Christ ever abides in the kingdom of heaven within me and I too abide in heaven.

MY EVERY thought is now directed to Christ's presence, the kingdom of heaven within me. I live in heaven because I live in conscious communion with Christ. I abide in the realization that within me is that perfect state of harmony known as heaven.

I no longer think of heaven as existing in the future or in the distance. I do not think of heaven as attainable only through death. I know that I reach heaven through a heavenly consciousness. I realize that heaven exists here and now and that I find it when I discover the presence of Christ within me.

No person or thing can keep me from realizing that heaven is now in my midst. No external thing can keep me from knowing that Christ lives within me as the presence of heaven. Finding this presence, this inner state of harmony, I catch the vision of heaven within me and am ever true to it. I behold Christ in the midst of me quickening and inspiring me to know the truth of the heavenly presence and to identify myself with it at all times and under all circumstances. .

I was not disobedient unto the heavenly vision.
—Acts 26:19.

Monday, December 17

*Through the Spirit of life within me
I am at one with the cleansing, vitaliz-
ing, strengthening life of my Father.*

I REALIZE that I have within me the very life of my Creator and I turn to this life in order to identify myself with it more closely. I direct my thought to the Spirit of life and discover that I am so firmly related to it that nothing in all the world can separate me from it. I know that as long as I remain in the consciousness of life I shall enjoy life.

I do not think of things of the material world as giving life to me. I realize that my Father is my Creator and the source of my life. I affirm His presence within me, the presence of bountiful life, and find that my consciousness of life increases.

The life of God within me purifies, quickens, vitalizes, and strengthens me. My life is unlimited, endless, eternal. Christ's life within me is my own life. Nothing can diminish this life or take away its power to cause me to live. Nothing can weary me as I abide in the life consciousness. I am secure in the realization that I have abundant life.

Christ lives in me and I live in Him. I live in His eternal, vitalizing life.

Christ liveth in me: and that *life* which I now live in the flesh I live in faith.—Gal. 2:20.

Tuesday, December 18

God, the law of good, the principle of Truth, is the law and principle of my life and I live according to His standard for mankind.



ABIDING in the consciousness that God is the law of good and that He is the only presence and power, I realize that no so-called law of evil can govern me. I know that I am ruled entirely by God and by His law of good. I know that in Truth evil has no power or support in law.

Since God is the principle of Truth operating in my mind and in my life, I know that nothing unlike Truth can have the support of Principle. I know that even as there is one God there is also but one Principle. I acknowledge this as the principle of my life and the chart and compass of my very existence.

I think of God as governing me at all times and I willingly recognize Him as ruling me according to good and Truth by His law and principle. In the higher consciousness I know that there can be no other law or principle.

God is the law and principle of wisdom, peace, joy, love, health, and plenty. Giving my thought entirely to Him, I think of no other law or principle. I know that evil and sin are without principle.

The ordinances of Jehovah are true, and righteous altogether.—*Psalms 19:9.*

Wednesday, December 19

The light of Christ within me is ever my illumination, understanding, and inspiration.



HE LIGHT of Christ ever shines within me. It is the candle of the Lord placed within me at the time of my creation. This light can never grow dim. Nothing in all the world can take this light from me. As long as I remain in the consciousness of light, I shall have light.

As I think of this light within me, I cease to think of myself as ignorant or as living in darkness. I know that God placed me in the world with the light of Truth to enlighten me at all times. I realize that nothing of the external world can cause this light to dim.

The light of Christ illumines me with the light of heaven. Nothing that I need to know can be withheld from me. No knowledge that I have to have can be kept from me. All knowledge that I require for my ongoing and my development has been placed in my consciousness or understanding.

I turn to the light within me and I am illumined. I identify myself with the source of all wisdom and I am wise. I relate myself to the presence of Christ as light within me and find that I am identified with all knowledge.

Jehovah will be thine everlasting light.—*Isa. 60:20.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

December 20 to January 19

Illumination

*I have faith in Thee as the beacon
light that goes before and makes plain
all my way.*

Healing

*I have set the Lord always before my
face, therefore my heart is glad and my
flesh resteth in confidence.*

Prosperity

*I have faith in Thee as my unfailing
resource, and I am in all ways prospered.*

Thursday, December 20

The healing presence of Christ in me now inspires me to accept Him as my health.

I ABIDE in the realization that Christ in me is my health. I give up thinking about disease in order to think Truth. I cease to think of disease as something within me in order to think of Christ, my health, in the midst of me. I abide in the consciousness that Christ is ever with me, ever quickening me to the realization that He heals and strengthens me.

I accept Christ as my health. I refuse to accept man's idea of disease as something that is true of me. The Truth of Christ is the truth of my physical perfection. No adverse belief can prevail against this truth. My health is forever established in the Truth of Christ.

The healing presence of Christ is the actual presence of my health. It is the presence that cannot share itself with anything unlike itself. The presence of Christ is my life, health, and strength. I live in the presence of Christ and live in the conscious realization that He is ever my health.

I rejoice in the consciousness that Christ in me quickens and heals me.

Bless Jehovah, O my soul . . .
Who healeth all thy diseases.
—*Psalms 103:1, 3.*

Friday, December 21

The prospering power of Christ now quickens my mind to prosperity and I live prosperously.



WILLINGLY drop from mind all preconceived ideas about lack and failure in order to embrace the Truth of Christ. I give up all belief in poverty in order to think the truth about plenty. I drop from mind every belief contrary to the truth about prosperity that my mind may be given to prosperous ideas.

The prospering presence and power of Christ now active in my mind stirs me to think in terms of plenty. I know that when Christ is uppermost in my thought I shall not lack. I realize that through Him I am nourished and supplied with every good thing.

I realize that my heavenly Father rejoices to give me all that He has and to supply me with every blessing. I keep my mind open and receptive to Him and the good He has in store for me. When my mind is friendly to prosperity, I know that it will come to me and become manifest in my life.

Abiding in the consciousness that I am one with Christ, I realize that I am unified with whatever good I seek. I know that through Christ I am identified with every blessing.

It is your Father's good pleasure to give you the kingdom.—*Luke 12:32.*

Saturday, December 22

The power of Christ in me ever gives me dominion over every situation in my life.



DO NOT think of things of the external world as having power over me. I do not grant to other persons the power to dominate me. I know that in Truth God alone has power and dominion and that external things have no power over me.

The power of Christ is the power of Truth, peace, love, life, and success. Nothing adverse to Christ has power in my life. Nothing unlike Truth can dominate me. I refuse to entertain the thought that anything un-Christlike can influence me or limit my progress.

Living in the consciousness that Christ is the only power, I no longer think of negative conditions as having power and dominion over me. Through the authority of Christ in me, I have authority over every situation of my world.

Henceforth I recognize but one power, the power of Christ. I do not believe in many gods. I do not think that in Truth there can be any power but the power of Christ. I know that with Christ enthroned in my heart I am secure from the "gods" of adversity.

Christ in me ever prompts me to recognize Him as power and to accept His dominion.

Let not any iniquity have dominion over me.
—*Psalms 119:133.*

Sunday, December 23

In the consciousness that God my Father takes care of me and all my affairs I relax from all strain and tension.

I LIVE in the constant realization that nothing in all the world can make me tense. I know that things of the world cannot cause me to be strained in mind and in body. I live in the consciousness that God takes care of me and all that I have called my personal responsibilities.

I give myself, my relatives, my work, and all that I have into God's loving care. I relax in the consciousness that I need not have any personal concern about all these. I know that I am now free from stress and strain in mind and in body because I have given up every thought that would keep me from relaxing. I have yielded every thought of fear, tension, and resistance.


I live in the realization that I am free from that which formerly made me tense. My mind is now relieved of every tension-producing thought. My body is at ease and free because it is no longer tensed by adverse thought.

In the consciousness of freedom from tension I experience physical relaxation. My muscles and nerves are relaxed. My body is free from all strain and open to healing power.

The government shall be upon his shoulder.
—Isa. 9:6.

Monday, December 24

*Through the Christ consciousness I
give all persons a gift of love.*

 GIVE all persons my blessing. I give them of the love of Christ within me. I give them a blessing of light, peace, joy, love, health, and plenty. I give from the heart, and I have power to bestow upon them the very blessing of the Christ.

Today I desire to share with all persons the consciousness that Christ abides within us. I want to share with them the realization that we abide this day in heaven. I want all of them to know that all blessings are ours here and now.

I know that the greatest gift I can give another is that which helps to lift him to a higher consciousness. Therefore with every gift I send my blessing through spiritual consciousness. I know that I have power to place upon my gift the stamp and approval of Spirit.

Every gift that I receive has power to bestow a blessing upon me if I accept it through spiritual consciousness. When I receive a gift in this way, I receive from the Christ. I have power to transform a material gift into a blessing from heaven. I know that every gift that comes to me comes from Christ if I receive it in higher consciousness. I give thanks for every evidence that Christ loves me and blesses me.

What I have, that give I thee.—Acts 3:6.

Tuesday, December 25

*Christ in me now comes forth and I
realize that I am a child of God.*



THIS DAY I meditate upon Christ within me. I know that He now comes forth into visibility as the manifestation of Spirit's presence within me. I know that I am a child of God even as Jesus was. I realize that through meditating upon my spiritual nature, the presence of Christ within me, I cause Christ to come into visible manifestation.

This day I celebrate the birth of Christ in me. I give thought to the Christ child, my spiritual and divine nature. I give my attention to the presence of Christ and become aware that with Christ present within me I am no longer conscious of material limitations.

Christ formed within me at the time of my creation causes me to know that I have within me that which is divine and holy. I cease to think of myself as flesh, earthly, material. The Christ within me now calls me to behold myself as the perfect child of my heavenly Father.

Christ in me now comes forth as visible evidence of my perfection and health. Even as Christ is whole, so am I whole. Even as Christ is in all ways perfect, so am I perfect in Truth. Christ now appears as the perfect son of my Father and I behold my own perfection.

Christ be formed in you.—*Ga1. 4:19.*

Wednesday, December 26

I rejoice to give thanks for every evidence of God's goodness.



I AM THANKFUL! I give thanks for every blessing that God brings into my life. I am thankful for understanding, harmony, joy, love, health, and plenty. I rejoice to give thanks for blessings now on the way to me.

I am thankful! For even the smallest gift or blessing that comes to me, I am grateful and appreciative. My heart wells up with thanks for blessings visible and invisible. I rejoice to give thanks for every loving thought that has been thought about me.

I give thanks that I know Truth and that I am able to enter spiritual consciousness. I am thankful that I know how to pray according to Truth and that I am assured my prayers will be answered. I give thanks for every evidence and demonstration of health and prosperity.

In this consciousness of thankfulness, I am continually finding more and more for which to be thankful. I never let an opportunity to be thankful escape me. I know that a demonstration is not complete until I have given thanks and I am always ready to do my part. I am thankful that I am grateful and appreciative.

Giving thanks always for all things in the name of our Lord Jesus Christ.—*Eph. 5:20.*

Thursday, December 27

I cease to think of personal shortcomings and realize that the perfection of Christ in me is my own perfection in Truth.



HURNING away from all belief in personal shortcomings and blemishes, I give my attention to the perfection of my Christ self. I cease to think of personal limitations and behold myself as I exist in Truth, whole and perfect.

I know that Christ in me is ever perfect and that I too, created in the image of my Father, am perfect in His sight. I know that my perfection is established for all time. I realize that no personal limitation, shortcoming, or blemish can exist in the sight of God, for He has created me, His child, in His perfection.

Dwelling upon the thought of my perfection in Spirit, I cause my perfection to become manifest. I give my attention to the presence of Christ within me, the presence of perfection.

I am always ready to behold the perfection of Christ in all persons. I look past that which appears to be imperfection and see that which is real and true. I look beyond the seeming and behold Christ coming forth as God's idea of man in perfection. I know that Christ as perfect man is now appearing in all persons.

Walk before me, and be thou perfect.—*Gen. 17:1.*

Friday, December 28

Christ within me is always still and quiet and through Him my soul receives stillness and quietness.

WITHIN ME abides Christ—quietness and stillness. From this place of quietness, my soul receives its quiet. Nothing of the world about me can disturb the quiet and calm of my soul. Neither person nor thing of the external world can affect the quietness of Christ within me.

I turn from things of the world that would disturb me and direct my attention to Christ within me, the source of peace and calm. I direct my every thought to His stillness and quietness. I realize that within Him I am still and quiet.

Christ within me draws me to Himself when I would be disturbed by things of the external world. I am drawn to His calm and quiet and I feel that His presence pervades my whole being. I am one with His quietness and it conveys a sense of quiet to my whole organism.

I live today in the presence of Christ and am at one with His presence of quietness. My whole being is stilled because I am identified with His stillness. Persons and things do not disturb me because I am inseparably joined with Christ and consciously unified with His presence.

Take heed, and be quiet.—*Isa. 7:4.*

Saturday, December 29

The Spirit of God now directs me in the path I should take and my way is one of peace and plenty.



LIVING in the consciousness that the Spirit of God directs and governs me, I realize that I am directed into the path that leads to my highest good. I no longer consider paths that lead to evil or think of them as leading to good. I know that in Spirit there is but the one way, the way of Truth.

The way of Christ is the way of light, peace, joy, love, health, and substance. Going this way, I need no longer go the way of ignorance, darkness, deprivation, and failure. Led by Spirit, I cannot go any way but that which leads to my highest good.

The presence of Christ goes with me wherever I go. Conscious of His presence, I cannot enter into the presence of anything evil. Conscious of His power, I go the way in which His power is felt in all that I do. In the way of Christ there is naught but the presence and power of Christ.

The way of Christ leads me to that which I need and desire of Spirit. Nothing can keep me from attaining that which is for my highest good when I go the way of Spirit.

I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

Sunday, December 30

Now is the only time in Spirit. All good comes into my life now.



DO NOT think of my good as confined to the past or to the future. I recognize the time of Spirit, the eternal now. I know that when I think of my good as existing in the future, I am rejecting the benefits of Spirit's time, the present moment.

The time of Spirit is the time in which all prayers are promptly answered. It is the time of instantaneous demonstration, the time when my desire for good is immediately fulfilled. It is the time when I call upon God and He promptly answers my call. It is the time when there is no delay in fulfillment.

The time of Spirit knows no age. Abiding in this time, I cannot age in mind or in body. In the time of Spirit I am forever young, forever alive, eternally unified with the Spirit of Christ. In the time of Spirit I am consciously identified with the life of Spirit.

All blessings are now ready for me. Nothing can be withheld from me because of my previous beliefs in time, future, or delay. I abide in the realization that now is the only time and that Spirit's blessings come into my life right now.

All things are now ready.—Luke 14:17.

Monday, December 31

I willingly, readily, and thoroughly forgive.



ODAY I erase from mind all memory of deeds that should be forgiven. I no longer hold in mind the thought that another has innocently or willfully harmed me. I do not entertain the thought that in the past some one has conspired against me or has been unjust to me.

I readily and thoroughly erase from mind all belief that any one has injured me. I thoroughly forgive. I enter a new day and a new world with the consciousness of perfect forgiveness. My mind is free from all thought of accusation, condemnation, and injustice.

As I forgive others, I know that they in turn will forgive me. Living in the consciousness of forgiveness, I know that I will not be accused or condemned. My consciousness of forgiveness is my protection against accusation and condemnation.

I rejoice to live in the realization that the forgiveness of Christ in me has now done its perfect work. I forgive and I am forgiven. As Christ quickens me to forgiveness, so do I forgive others. I rise to that high consciousness of Spirit in which I am unable to retain thoughts of malice.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*



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Two Viewpoints

A story is told of two buckets which conversed at a well. One bucket said, "Oh, what's the use, every time they fill me up, they immediately empty me." "I don't see it in quite that way," replied the other bucket. "When I am emptied, then I am ready to be filled again."

—Selected.
